

FACT #7

IN-PRAM BABIES AND YOUNG CHILDREN MAY BREATHE UP TO 60% MORE POLLUTED AIR THAN ADULTS DURING SCHOOL RUNS BECAUSE THEIR BREATHING ZONES ARE CLOSER TO VEHICLE EXHAUST HEIGHTS, WHERE CONCENTRATIONS ARE HIGHEST.



Pollutant concentrations are generally highest in the first metre from ground-level and decrease with distance (including height) from the road. Where feasible, increasing the breathing height and keeping as far away as possible from vehicle exhausts will reduce exposure.

CHILDREN

- Try to keep away from the edge of the road when walking to or from school.

SCHOOL

- Schools should stress the significance of high concentrations at lower heights to parents/children and suggest alternative, cleaner routes (e.g. passing through parks).

COMMUNITY

- Where feasible, using high-riding prams rather than low-riding pushchairs can raise the breathing height of the child and reduce their exposure.
- Carrying babies or young children (e.g. in a baby carrier backpack) at and around pollution hotspots, where it is safe to do so, may also increase the height of their breathing zone and provide an opportunity to face them away from the source to consequently reduce exposure.
- Community members may consider leaving space for green barriers (e.g. hedges) between main roads and buildings, walkways, cycleways, etc when planning any development on private land.



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